

" WE ARE TRAVELLERS ON A COSMIC JOURNEY,  
STARDUST SWIRLING AND DANCING IN THE  
EDDIES AND WHIRLPOOLS OF INFINITY.

LIFE IS ETERNAL, BUT THE EXPRESSIONS  
OF LIFE ARE EPHEMERAL, MOMENTARY  
AND TRANSIENT. WE HAVE STOPPED FOR  
A MOMENT TO ENCOUNTER EACH OTHER,  
TO MEET, TO LOVE, TO SHARE. THIS IS  
A PRECIOUS MOMENT, BUT IT IS TRANSIENT.  
IT IS A LITTLE PARENTHESIS IN ETERNITY.

IF WE SHARE WITH CARING, LIGHTHEARTED-  
NESS AND LOVE, WE WILL CREATE  
ABUNDANCE AND JOY FOR EACH OTHER.

AND THEN THIS MOMENT WILL HAVE  
BEEN WORTHWHILE. "

- DEEPAK CHOPRA

- SORROW PREPARES YOU FOR JOY. IT VIOLENTLY SWEEPS  
EVERYTHING OUT OF YOUR HOUSE, SO THAT NEW JOY  
CAN FIND SPACE TO ENTER. IT SHAKES THE YELLOW LEAVES  
FROM THE BOUGH OF YOUR HEART, SO THAT FRESH  
GREEN LEAVES CAN GROW IN THEIR PLACE. IT PULLS UP  
THE ROTTEN ROOTS, SO THAT NEW ROOTS HIDDEN BENEATH  
HAVE ROOM TO GROW. WHATEVER SORROW SHAKES FROM  
YOUR HEART, FAR BETTER THINGS WILL TAKE THEIR PLACE.

- RUMI